

## Positive Alternatives 2014 - 15 Quarterly Update

**Grantee: LIFECARE CENTER EAST (dba Options for Women East)**

**Goal: To provide positive alternatives to abortion to pregnant and parenting women in the East St. Paul and surrounding areas**

**For the period: October, November, December 2015**

<b>Activity or Service</b>	<b>Activity or Service Description</b> Major Work Plan Activities	<b>Work Plan Count</b>	<b>Program Progress and Accomplishments</b> Report the progress and accomplishments made this period on each activity.	<b>Report Count</b>
<b>Administrative Activities</b>	Provide ongoing guidance, assessment and supervision to grant staff; complete grant forms; track grant budget; attend required grant meetings		Ongoing guidance, supervision and assessment of grant staff were carried out this quarter. Two in-services were provided for further education. One of these covered adoption and legal issues facing our Native American population.	
<b>Outreach</b>	Program staff will network within the community to provide education regarding our services		Our program staff called all of our community referrals this quarter to update them on the addition of our on-site Prenatal Program and confirm that our contacts and information for each of them were up to date.	
<b>Crib Distribution/ Sleep Safety Education</b>	Provide Safe Sleep Education	8	This quarter we have had a handful of clients share with us that they have in the past or right now bed sharing with their newborn or toddler. Through our safe sleep education, we teach room sharing instead of bed sharing. When these issues arise, it gives a wonderful opportunity to explain the physical and emotional dangers of bed sharing at any age. We want the client to understand the reasons behind Back to Sleep, an empty crib with a tight fitting sheet, and baby sleeping in their crib alone. With this information in the hands of mothers and fathers that may have never heard these things, we can help prevent SIDS.	60

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<b>Life-Skills Education Program</b>	Provide life-skills education	12	There is a client that has been coming for some time since this her 2 <sup>nd</sup> pregnancy with us. After a while you wonder, what else can I teach her? Well, we introduced Life Coaching to her and she has taken quite a liking to it. Through powerful questions and Life Coaching tools, we have started to establish goals for her and her family. She has begun to outline a parenting style that she would like to implement in her family. With that her communication with her husband has grown through techniques she has learned and she is starting to see a change in the way her family interacts. This is such a joy to us to see growth in a client when they are using the tools given to create the future they have envisioned.	117
<b>Mentoring Program</b>	Provide prenatal and parenting education in an incentive program	12	We have a sweet, young client that is only 17 years old and very unsure of herself and the pregnancy. She has spent a lot of time learning fetal development and how this pregnancy will affect her and the baby's future. Through education, she is learning to eat right, exercise during pregnancy, what things to avoid, and how to prepare for labor and delivery. She has support around her but has let her low self-esteem make her question everything that she is doing as wrong. She has 4 months before her due date and each time she comes in for education she is growing and becoming surer of herself and the baby.	110
<b>Nutrition</b>	Provide prenatal vitamins to clients having ultrasounds; provide education on prenatal nutrition and prenatal vitamins	30	Our nurses provided prenatal vitamins to all of the women who had ultrasounds. Both nurses shared stories this quarter of women who were new immigrants to the US and did not have an understanding of the importance of early and consistent prenatal care. Three of these women attended their first prenatal appointment with our doctor within 2 weeks of their ultrasound.	46
<b>Pregnancy Education</b>	Nurses provide education on Alcohol/ Drug cessation, prenatal vitamins and importance of prenatal care	30	This quarter we had three women who had ultrasounds and reported that they did not know the importance of not consuming alcohol while pregnant or why they should make an appointment for prenatal care. All three were under the age of 20. The nurse	46

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			provided counseling and education.	
<b>Pregnancy Testing</b>	Provide program eligibility assessment, pregnancy counseling and testing	50	Of the 80 pregnancy tests provided this quarter 49 were positive. All of these women were evaluated for necessary service's needs. Four of the women who had negative tests were homeless so our staff worked with them to find housing referrals. All of the 51 women who had positive tests received pregnancy counseling and were offered ultrasound appointments.	80
<b>Ultrasound</b>	Provide ultrasounds, education and counseling	30	Ultrasounds, education and counseling were provided to 46 women this quarter. 6 of these women who were considering abortion, requested a second ultrasound in order to have the father of the baby present. Education and options were provided by our nurses. One of the women shared that she did not want to have an abortion, but her boyfriend was strongly in favor of that option until he saw the baby's heartbeat during the ultrasound exam.	46

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	NA
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	60
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	60
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	60
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	11
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	60

**Challenges:**

**Comments:**